

Medicines Optimisation intervention brief

Medicines Optimisation Incentive Scheme 18/19 – NHSE (Items which should Not be routinely Prescribed in primary care) Interventions - Tadalafil

TITLE? INP1.16
<ul style="list-style-type: none"> a) Only prescribe tadalafil on a 'when required' basis for the treatment of erectile dysfunction b) Prescribe tadalafil generically
WHAT?
<ul style="list-style-type: none"> • In December 2017 NHS England¹ made the following recommendation regarding once daily tadalafil: <ul style="list-style-type: none"> ○ Prescribers in primary care should not initiate once daily tadalafil for any new patient ○ CCGs should support prescribers in deprescribing once daily tadalafil in all patients • Tadalafil is a phosphodiesterase-5-inhibitor (PDE5 inhibitor) used to treat erectile dysfunction and available in 2.5mg, 5mg, 10mg and 20mg strengths. • The licensed dose for erectile dysfunction is 10mg when required, increasing to 20mg if necessary. • The 2.5mg and 5mg strengths are licensed for regular once daily regular dosing for erectile dysfunction. • In addition the 5mg strength is licensed for the treatment of benign prostatic hypertrophy (BPH), however NICE^{2,3} is unable to recommend the use of tadalafil for this indication due to lack of evidence. • Therefore there is no recommended indication for use of the 2.5mg and 5mg strengths.
WHY?
<ul style="list-style-type: none"> • There is not enough evidence to routinely recommend once daily preparations in preference to 'when required' preparations.⁴ • First line treatment of erectile dysfunction is with sildenafil when required, up to four treatments per month. • Tadalafil when required is the second line treatment. • Tadalafil is now available as a lower-acquisition cost generic. On current usage, 'when required' doses of the original brand cost an extra £345,000 per annum. • Local guidance advocates the use of 'when required' sildenafil as first line PDE5 inhibitor with 'when required' tadalafil second line (DPC April 2018)
WHO?
<ul style="list-style-type: none"> a) All patients prescribed once a day or regular tadalafil (i.e. if not prescribed on a 'when required' basis). b) All patients prescribed Cialis brand.
TIPS?
<ul style="list-style-type: none"> • Tadalafil can be prescribed for erectile dysfunction in circumstances as set out in part XVIIIIB



of the Drug Tariff. The prescriber must endorse the prescription with the reference "SLS".

- Generic sildenafil can be prescribed for anyone with erectile dysfunction, regardless of cause.
- Department of Health advice around the quantity of medication to prescribe remains unchanged at one treatment per week. The prescribing doctor can prescribe more than one dose a week for when required dosing if it is considered clinically appropriate.⁴
- There is also a 20mg once daily preparation, (Adcirca[®]), which is used to treat pulmonary hypertension. This recommendation does not apply to this product, however it should only be prescribed by specialist centres and not routinely prescribed in primary care.

HOW?

a) Regular to 'when required' dosing

- Search for all patients prescribed generic tadalafil or Cialis 2.5mg or 5mg tablets
- For patients with erectile dysfunction, agree switch to 'when required' tadalafil according to process agreed within the practice
 - Consider sildenafil if this has not been tried previously
 - Consider quantities
- For any patients receiving tadalafil to treat benign prostatic hypertrophy
 - Review treatment according to the [NICE pathway](#)
 - NB: 2.5mg tablets are not licensed for this indication

b) Generic prescribing

- Search for all patients prescribed Cialis 10mg or 20mg tablets
- Switch to equivalent dose of generic tadalafil on a 'when required' according to the process agreed within the practice.

SO WHAT?

- NHS England guidance implemented
- Generic savings realised

FURTHER INFORMATION

1. Items which should not routinely be prescribed in primary care: Guidance for CCGs. NHS England December 2017 <https://www.england.nhs.uk/wp-content/uploads/2017/11/items-which-should-not-be-routinely-prescribed-in-pc-ccg-guidance.pdf>
2. NICE TA 273: Tadalafil for the treatment of symptoms associated with benign prostatic hyperplasia (terminated appraisal), January 2013 <https://www.nice.org.uk/guidance/ta273>
3. NICE CG97: Lower Urinary Tract Symptoms in Men: Management, June 2015 <https://www.nice.org.uk/guidance/cg97>
4. PrescQIPP Bulletin 144 June 2016, Tadalafil once daily <https://www.prescqipp.info/component/jdownloads/send/297-tadalafil-once-daily-drop-list/2731-bulletin-144-tadalafil-drop-list>
5. WHCCG Policy Statement reference no. [PS002](#)

